

Quinoa, Amaranth and Corn Chowder



By Food.Com

Introduction

Ingredients indigenous to the New World, like amaranth, quinoa, and corn, have a natural affinity. In this soup, the amaranth and quinoa add substance and subtle flavor variations to the more familiar taste of sweet corn. Ingredients indigenous to the New World, like amaranth, quinoa, and corn, have a natural affinity. In this soup, the amaranth and quinoa add substance and subtle flavor variations to the more familiar taste of sweet corn.

Number of Servings: 6

Ingredients

3 tablespoons butter or coconut oil
1 1/2 cups finely chopped leeks (white and light green parts)
1 cup finely diced celery
1/2 cup finely diced red bell pepper
1 teaspoon salt, or to taste
1/4 cup amaranth
1/2 cup quinoa, thoroughly rinsed
1/4 teaspoon dried thyme
4 cups fresh or defrosted, frozen corn kernels
1 cup whole milk or coconut milk
2 tablespoons minced parsley

Directions

In a large, heavy pot, melt 2 tablespoons of the butter over medium-high heat. Stir in the leeks, celery, red bell pepper, and 1/4 teaspoon salt. Cook, stirring frequently, until the vegetables are soft, about 5 minutes.

Stir in the amaranth and 3 cups of water. Bring to a boil over high heat. Stir in the quinoa and thyme. Return to a boil. Reduce the heat slightly and cook at a gentle boil, partially covered, for 10 minutes.

Meanwhile, in a blender or food processor, puree 3 cups of the corn kernels with 1

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cup of water. When the quinoa has cooked for 10 minutes, stir the corn puree and remaining whole corn kernels into the soup. Add salt to taste. Reduce the heat and simmer until the quinoa and amaranth are tender, 3 to 5 more minutes. When the quinoa is done, there will be no starchy white dot in the center of each grain, and some of the 'germs tails' may unfurl and float freely. On close inspection, the amaranth will look like tiny opaque bubbles floating on the surface.

Stir in the milk and remaining tablespoon of butter. Divide into portions and garnish each with a little parsley.

Note: The soup thickens on standing; thin as needed with additional milk and add salt to taste.

Variations

For dots of color, use 2 tablespoons of red quinoa and a scant 1/2 cup ivory quinoa.

Add the red quinoa when you add the amaranth.

Use dried tarragon instead of thyme.

Number of Servings: 6

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